Living for Health®

Presented on November 1, 2011
APHA Session 4065
Underserved Populations:
Innovative Health Promotion Program

Tori Gabriel, MBA-HA
Director of Education & Prevention
Florida Heart Research Institute

📍 Located in Miami, FL
📍 Independent, nonprofit 501(c)(3) organization
📍 No affiliations with any hospital or university

Mission:

to stop heart disease through research, education and prevention
Living for Health®

Cardiovascular community health program targeting underserved and uninsured adults

♥ Use community-based cardiovascular risk factor screenings to identify those at risk for heart disease, stroke and diabetes

♥ Provide education and health coaching to encourage lifestyle changes to reduce risk

♥ Encourage those at risk to seek treatment and provide FQHC referrals to those without a medical home

♥ Provide telephonic follow-up to all high risk participants at 1, 3, 6 and 12 months
Community Screenings

Churches, malls, health fairs, community centers located in medically underserved areas
Screening Process

♥ Baseline Lifestyle Survey and Clinical History
♥ Blood Pressure
♥ Body Mass Index
♥ Fingerstick
  ➢ Total Cholesterol
  ➢ HDL
  ➢ TC / HDL ratio
  ➢ Glucose
♥ One on One Counseling
♥ Educational Information
♥ List of Local Resources

Counseling and education provided in English, Spanish and Creole
Protocol for Medical Follow Up

Follow national NCEP / ATPIII, JNC(VII) and ADA guidelines for medical follow up:

- Systolic BP ≥ 140 mm Hg
- Diastolic BP ≥ 90 mm Hg
- Total Cholesterol ≥ 240 mg/dL
- TC / HDL ratio ≥ 4.1
- Glucose ≥ 200 mg/dL

Those without a PCP are referred to participating FQHCs that treat on a sliding fee scale based on ability to pay
Outcomes Measured

Follow all “at-risk” participants – (60% of participants)

❤️ Lifestyle changes
- Fruit and vegetable consumption
- Whole grain consumption
- Fast food frequency
- Fast food type
- Fat intake
- Physical activity levels
- Smoking

❤️ Clinical changes (TC, TC/HDL, BP, GLUCOSE)

❤️ % who sought treatment

❤️ Matches to new medical home
Outcomes Measurement

Follow up phone surveys at 1, 3, 6 and 12 months from initial screening

to collect *post lifestyle* data
determine who sought treatment
opportunity to re-educate and coach
encourage participants to seek treatment
Outcomes Measurement

Data Downloads from Participating Clinics
- to collect **post clinical** data
- determine who sought treatment
- identify matches to a new medical home
Lifestyle Results

❤️ Showed statistically significant improvements in 6 out of 7 lifestyle indicators after 3 months

❤️ Showed statistically significant improvements in 5 out 7 lifestyle indicators after 6 and 12 months

Lifestyle changes were made and sustained among those at-risk participants we were able to reach in the phone surveys
Clinical Results

Showed statistically significant improvements in all 4 clinical indicators after 3 and 6 months.

Showed statistically significant improvements in 3 out of 4 clinical indicators after 12 months.

Clinical indicators among those at-risk participants followed and treated by the FQHCs were improved and sustained.

While the N is small, the data supports the self reported lifestyle changes.
Out of the 6,682 screened in the program, 4,008 (39%) required medical follow-up. Of those, 1,300 had no medical home so were “new” referrals. 147 out of 1,300 (or 11%) were successfully matched – independently verified from data download.
Testimonials

Maria Alvez – Event #33 screening showed she had high blood pressure. When she reported that she had no insurance or a doctor, Maria received a referral to a participating FQHC. She was seen by a physician, received a prescription and is thankful for Florida Heart’s Living for Health® program for helping her to get the treatment she needs.
Summary

❤️ L4H is a cardiovascular community health program targeting underserved and uninsured adults

❤️ Statistically significant improvements were seen in BOTH lifestyle and clinical indicators over time

❤️ L4H led to new connections in healthcare – thereby increasing access to care

❤️ Costs less than $50 per person

Next Steps: Continue to collect more data, publish outcomes and encourage replication
Acknowledgements

L4H Funders

Community Partners
www.floridaheart.org  ♥  www.livingforhealth.org

(305) 674-3020

tori@floridaheart.org